

Good food saves time

When planning production week, you must put in proper breaks for meals. This is vital, otherwise all your hard work in rehearsal will be hostage to undernourished brains making fuzzy decisions. Mistakes and indecision cost time, and if you are hungry, your mind won't be at its best.

And it's here, with a little planning on your part, that you can eat well even though traditionally this time finds the director, stage manager, and crew bleary-eyed and eating food out of Styrofoam containers and take-out bags. If you have a personal chef to cook you healthy meals, you are indeed fortunate. There is another route.

Prepare and freeze a week of dinners before production week begins. Also pack a nice set of dishes, utensils, a glass or two and your favorite mug. A napkin and tablecloth complete the package. Transport everything in a picnic hamper if you have one.

Most theatre green rooms have a microwave and perhaps even a stove. If not, bring a microwave from home or borrow one. At mealtime set the table, heat your dinner and sit down to enjoy good food on a nice setting. Share the prep and the meals with your stage manager. You can eat and review notes. It's a great time saver, you'll return to the fray refreshed and clear-eyed.

Planning will give you the required time to sleep; whether you can or not is another thing.